



july 2016

## HSZC Sangha News &amp; Events 2016

## Schedule:

mondays

\* 7:00 am zazen (sitting meditation)

\* 7:40 am morning service - (chanting service)

6:00 pm zazen

6:40 pm evening chanting service

\* last monday of each month, no morning schedule

tuesdays - fridays

6:00 am zazen

6:40 am kinhin (walking meditation)

6:50 am zazen

7:20 am chanting service

7:40 am soji (brief temple cleaning)

6:00 pm zazen

6:40 pm chanting service

thursdays study hour  
(buddhist text) 7:30pm

saturdays

6:30 am zazen

7:10 am chanting service

7:25 am soji

8:30 am drop-in instruction

9:25 am zazen

10:15 am dharma talk

11:00 am refreshments/social \*

\* if a ceremony applies it will occur before social time



## HARTFORD STREET ZEN CENTER

57 Hartford Street, San Francisco, California 94114 Telephone: (415) 863-2507

## Taking Root

One day after lecture a student sitting on a zafu on the carpet asked, "What is Hell?"

"Hell is having to read aloud in English" Suzuki answered. After the laughter subsided, the student persevered, and Suzuki said, "Hell is not punishment, it's training."



On another occasion, over coffee, a woman said it was difficult to mix Zen with being a housewife. She felt she was trying to climb a ladder, but for every step up she'd go down two. "Forget the ladder" Suzuki told her. "In Zen everything is right here on the ground"

[Crooked Cucumber: The Life and Zen Teaching of Shunryu Suzuki – David Chadwick](#)



Please help support our

## ~ upcoming events ~

### dharmatalks @10:15am, saturdays

#### hszc speakers

Myō Lahey jul - 9,16,23 aug -13,20,27 sept - 3,10,17

Daiko Tanzen, David Bullock - TBD

#### guest speakers

Peter Van Der Sterre - jul 30; Renshin Bunce - aug 6; Shokan Jordan Thorn - sept 24; Ko Shin Steven Tierney - dec 17;

### full moon ceremony saturday; july 16 @11am -

the Full Buck Moon. bucks begin to grow new antlers at this time. this full moon was also known as the Thunder Moon because thunderstorms are so frequent during this month.

**study hour - thursdays @7:30pm:** selected Studies of Zen Master Dōgen. see our website for details. So far all have been from the Dōgen Shobōgenzo version compiled and translated by Kazuaki Tanahashi.

**half day retreats:** contact: [hszc108@yahoo.com](mailto:hszc108@yahoo.com) to register for dates offered, we have been offering half day retreats primarily aligned with full moon ceremony or other Buddhist holiday/events. 6am to 1pm, if registered, includes breakfast - next dates to be announced. [Please stay in touch here.](#)

**Temple, Dharma Study, Resident Student Program, Our Practice Schedule, and the Space & Programs offered to the Public.**

Donations are tax deductible  
we are a 501-C 3 non-profit

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### **closure & schedule changes:**

last monday of each month - no morning program,  
only evening schedule

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**founder monthly memorials** - Issan's is the **6th** of each month and Philip's is the **26th** (or closest dates to these if cant be on that day) -evenings at 6:40pm or saturday mornings

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### **sangha council:**

next meeting july 12th at 7:30pm. All are welcome to join and discuss any concerns or ideas for hszc.

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**practice discussions at hszc are available** with Rev. Daiko Tanzen, David Bullock. and Dokusan with Rev. Myo Lahey please call us, approach them directly, or email: [hszc108@yahoo.com](mailto:hszc108@yahoo.com) to request to schedule time.

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in response to Orlando, FL [massacre](#) 18th & castro - June 2016

*transcribed by sangha -*

### **words from our Abbot, Rev Myo Lahey:**

...In these [Zen/Ch'an] stories nighttime or midnight is often a metaphor for when the reaching mind has relaxed and the karma of constant escape has quieted. The place of cold is seen to be, *the place of cold is everywhere*. Suzuki Roshi had this saying that if you're outside and it starts to rain, don't run because it's raining everywhere. It's the same... See if you can even for a moment appreciate rain, rain is everywhere, the whole world is rain. [It] Means just let the mind rest, let the body rest, let the heart know what it knows. And in that midnight you may find some appreciation and that will be a great gift and help you in your life.

This morning at breakfast David was recalling a Q&A after dharma talk when someone complained "zazen is working for me anymore" and I wasn't there at the

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time but I thought "oh now at last that person can practice." Up to that point the person who was complaining thought that zazen was doing something for them, and that they knew what that was. And when that sense of things shifted as it inevitably would, the person felt like they lost something. But I would have applauded and said congratulations now your practice can really grow, you must have thought you were escaping from the net and now you don't have to think that anymore. You can be still right where you are, and you can appreciate the fish escaping from the net over and over again...

hszc talk 11/28/2015

**website blues:** the website was hacked recently ([hszc.org](http://hszc.org)) and so the site went down several days, and then finally thanks to the efforts Final bit is the dharma talks which are being worked on; when restored you can those via Issanji or Hartford Street Zen Center via itunes or; Here is where to see them on our website: <http://hszc.org/podcasts/>



Rev Myō & Blanche october 2013 - we miss you Blanche -

**hszc history, published june 2007 -**



## Zen Talks - By Philip Whalen

Life and death. That's what it's really about. We live in the midst of dying and die in the midst of living. We go through our lives picking up all kinds of things and calling it "me." We become very fond of this creation-life and inanimate matter all glued together.

I live at the Hartford Street Zen Center. There is a hospice here for folks living with AIDS. Everyone is perishing slowly. I can understand a little bit about what they are going through-that the end is not far away-because I am not well myself. Guys who are there and terribly ill are alive and know what is happening-that it's the end of the moving, that if you stop moving you're dead.

It's very real when we watch friends fade and perish. Very difficult because we want to keep things as they are. But unless you experience your own death-you are lost. Really get close to it. What we are actually doing is dying all the time. Dying is an action. Ask, "Who is living? Who is dying?" And when you go to the zendo ask, "Why am I here?"

**HIV meditation group**; weekly meditation group for those living with HIV, their friends, families, community supporters & anyone who wants to join us!  
 thursdays & fridays  
 10:30am zazen  
 11:00am garden socializing

**meditation in recovery**; weekly meditation group for men & women in recovery from addiction  
 fridays, 7:30pm - 9pm

**(women only) meditation in recovery**; monthly meditation group for women in recovery from addiction  
 first thurs, 7:15pm -8:45pm

**(men only) meditation in recovery**; a monthly meeting for men in recovery from addiction  
 3rd thurs of every month, 7:30pm-8:30pm

**board of director meetings**; you're invited to attend & observe!  
 second weds of each month, 7:30pm



Abbot, hartford street zen center --- Reverend Myō Lahey ---



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please submit stories, reflections,  
personal news, artwork & photography  
for future newsletters to  
KeiDo at

tetsugen.keido@yahoo.com

may this newsletter find you well  
& equanimous! \_\_/\\\_\_





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please contact us for rental space & events, ceremonies performed by a zen priest -  
weddings, memorials, coming of age & baby naming events

find other sf & bay area lgbtqqi/queer community events & venues [here](#) - or - [here](#)

